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Nutri - Topics

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Nutrition and the Elderly

Pamphlets (in order by year)

Food Facts for Older Adults: Information on How to Use the Dietary Guidelines (HG-251). 1993. Available from Consumer Information Center, Dept. 150-Z, Pueblo, CO 81009. (719) 948-3334.

Growing Younger: Eating and Exercising Smart After 50. 1993. Available from Kretschmer Wheat Germ, P.O. Box 530, Barrington, IL 60011. (312) 201-9101.

Eating for Your Health: A Guide to Food for Healthy Diets. 1992. Available from American Association of Retired Persons, 601 E Street, N.W., Washington, DC 20049. (202) 434-2277.

Questions Most Frequently Asked About Nutrition and Aging. 1992. Available from the Sugar Association, Inc., 1101 15th Street, N.W., Suite 600, Washington, DC 20005. (202) 785-1122.

Age Page. 1991. A series of fact sheets in large print are available from the National Institute on Aging Information Office, 9000 Rockville Pike, Building 31, Bethesda, MD 20892. (301) 496-1752.

Determine your Nutritional Health. 1991. Available from the Nutrition Screening Initiative, 2626 Pennsylvania Avenue, N.W., Suite 301, Washington, DC 20037. (202) 625-1662.

The resources listed are judged to be available and accurate. Opinions expressed in the publication do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

"*Nutrition and Aging.*" 1991. Available from Purdue University, Cooperative Extension Service, West Lafayette, IN 47906. (317) 494-8489.

Sterling Advice for the Silver Years: A Balanced Approach to Lifestyle, Diet and Exercise. 1991. Available from National Live Stock and Meat Board, 444 North Michigan Avenue, Chicago, IL 60611. (312) 467-5520 or (800) 621-7773.

Staying Healthy - A Guide for Elder Americans. 1990. Available from the American Dietetic Association, 216 West Jackson Blvd., Chicago, IL 60606-6995. (312) 899-0040 or (800) 366-1655.

Miscellaneous Publications (in order by year)

"Nutrition and aging." *Nutrition Action Health Letter*, 19(4):1, 5-7. May 1992.

"Eating and aging." *Nutrition Letter*, III(13):11. In: *Eating Well*. Sept./Oct. 1992.

"Better eating for better aging." *Food Insight*, pp. 1, 4-5. May/June 1990.

"Nutrition and the elderly." Alexandra Greeley. Rockville, MD: *FDA Consumer*, 24(8):24-28. Oct. 1990.

"Changing nutritional needs put the elderly at risk because of inadequate diets." Jane E. Brody. *The New York Times*, Thursday, Feb. 8, 1990. p. B13.

"Sixty-plus set faces special risks from foodborne disease." *Food News for Consumers*, (USDA/FSIS), 7(1):5. Spring 1990.

"Nutrition myths about the elderly." *Nutrition and the M.D.*, 15(2):3. Feb. 1989.

National Contacts:

American Association of Retired Persons, 601 E Street, NW, B5 - Health Advocacy Services, Washington, DC 20049. (202) 434-2230.

The American Dietetic Association, National Center for Nutrition and Dietetics, Consumer Nutrition Hot Line, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655.

Food and Nutrition Information Center, National Agricultural Library, USDA,
Room 304, 10301 Baltimore Blvd, Beltsville, MD 20705-2351. (301) 504-5719.

National Institutes of Health, National Institute on Aging (NIA), 9000 Rockville
Pike, Building 31, Bethesda, MD 20892. (301) 496-1752.

National Osteoporosis Foundation, Department MY, 1150 17th Street, NW, Suite
500, Washington, DC 20036-4603. (800) 223-9994.

Office of Disease Prevention and Health Promotion (ODPHP), National Health
Information Center, P.O. Box 1133, Washington, DC 20013-1133.
(800) 336-4797; Washington Metropolitan Area: (301) 565-4167.

U.S. Administration on Aging, Office of External Affairs, 330 Independence Avenue,
SW, Washington, DC 20201. (202) 619-1006.

Acknowledgements are made to the following reviewers:

- Joseph M. Carlin, MS, RA, RD, Regional Nutritionist, U.S. Administration on Aging.
- Ronni Chernoff, PhD, RD, Associate Director, Geriatric Research Educator and Clinical Center; Professor, Nutrition and Dietetics, University of Arkansas for Medical Sciences.
- Daphne A. Roe, MD, Division of Nutritional Sciences, Cornell University.

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